

THE EFFECTIVENESS OF INTRADIALYTIC STRETCHING EXERCISES REDUCTION OF MUSCLE CRAMPS AMONG PATIENTS UNDERGOING HEMODIALYSIS

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ABSTRACT

Renal failure could be a non-communicable unwellness that has drastically affected a majority of the globe population including Indians. With several patients undergoing qualitative analysis, muscle cramps square measure a typical complication during qualitative analysis treatments. Aim: To assess the effectiveness of intradialytic stretching exercises on reduction of muscle cramps among patients undergoing haemodialysis. Materials and Methods: A quantitative critical pre-experimental analysis style with one cluster pre-test pot-test was used. Sixty patients undergoing haemodialysis United Nations agency met the inclusion criteria were recruited victimization non chance purposive sampling technique. Intradialytic stretching exercises were performed for the gastronomies and soleus muscle (calf) muscles of the patient throughout the ordinal hour of haemodialysis. Knowledge collected before and when intervention was collected victimisation changed Penn's Spasm Frequency Scale.

Results: Findings disclosed that before performance of intradialytic stretching exercises, 66.7% and 33.3% of samples had usurious and severe muscle cramps severally. Post intervention one.7% of samples had severe muscle cramps, 8.3% had delicate muscle cramps and one.7% didn't have muscle cramps. This showed that intra dialytic stretching exercises were effective in reducing muscle cramps among patients undergoing hemodialysis.

Keywords: haemodialysis, Intradialytic stretching exercise, muscle cramps, chronic nephrosis.

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INTRODUCTION

Healthy kidneys are a unit the delicate reprocessing machine that cleans the blood by removing fluid, salt and wastes from the body. Deficit in blood offer to the excretory organ can cause diminished perform. Prolonged decrease within the blood offer or within the vital sign will cause acute or unexpected failure. 10% of the population worldwide is tormented by chronic excretory organ disease (CKD). In folks aged sixty five through seventy four worldwide, it is calculable that one in 5 men, and one in four women, have CKD. CKD is set by the presence of excretory organ injury and by the extent of nephritic perform, assessed consistent with the capillary filtration rate. In additional advanced stages, when the kidneys will not maintain physiological state of the body, the patient can rely upon one in all the modalities of nephritic replacement medical care (RRT): chemical analysis or excretory organ transplant. Hemodialysis (HD) may be a method of purifying the blood of an individual whose kidneys aren't operating normally. HD usually involves fluid removal (through ultra filtration, as a result of most patients with kidney failure pass very little or no pee. aspect effects caused by removing too much fluid and/or removing fluid too apace embody low vital sign, fatigue, chest pains, leg-cramps, nausea and headaches.

AIM

To assess the effectiveness of intra dialytic stretching exercises on reduction of muscle cramps among patients undergoing haemodialysis.

OBJECTIVES

1. To assess the existing level of muscle cramps among patient undergoing hemodialysis.
2. To assess the effectiveness of Intradialytic stretching exercise on reducing level of muscle cramps among patient undergoing hemodialysis.
3. To find out the association between pre-exercise level and post-exercise level and selected demographic variables.

RESEARCH METHODOLOGY

- **Research approach** = A quantitative critical pre-experimental analysis style with one cluster pre-test post-test
- **Research design** = experimental design
- **Setting of the study** = V.R hemodialysis centre in Chennai
- **Population** those who are attending the hemodialysis centre
- **Sample size** 100
- **Sampling technique** Convenient sampling
- **Development of the tool** self structured questionnaire were framed and got validated by the experts in nursing

Steps are selected for preparing the tools

- Review of related literature
- Preparation of the blue print
- Consultation with guide
- Preparation of final draft
- Translation of the tool

FINDINGS

	mean	S.D	t	df	p-value
Pretest	2.5	0.7	4.4	59	0.000
posttest	2.2	0.8			

Denotes that the researcher applied paired t-test for comparison of pre-test and post-test frequency of muscle cramps among patient undergoing HD. Average frequency of muscle cramp was 2.5 in pre-test which decreased to 2.2 in post-test. T-value for this test was 4.4 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Intradialytic stretching exercise was proved to be significant in reducing frequency of muscle cramps among patient undergoing HD. The result revealed that there was a significant difference between the pre and post-test muscle cramps score

CONCLUSION

The results showed that there was a significant reduction in muscle cramps experienced by patients undergoing HD after the performance of intradialytic stretching exercises

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